



# Girls need Girls on the Run now more than ever



GOTR Southeastern MI  
734.712.5640  
[info@girlsontherunsemi.org](mailto:info@girlsontherunsemi.org)  
[www.girlsontherunsemi.org](http://www.girlsontherunsemi.org)

Bring Girls on the Run to your school, neighborhood or community!

# WHO WE ARE



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Girls on the Run, a 501c3 nonprofit organization, is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Our programs are designed to enhance girls' social, mental, and physical health and behaviors to successfully navigate life experiences.

Girls on the Run supplies volunteer coaches with the training and materials required to provide girls a safe, trauma-sensitive space to learn valuable life lessons. These include coping when things get difficult, demonstrating care for self and others, and identifying what she values.

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*“When you look at the core group of girls participating in the program, you see them standing a little taller among their peers and how they solve problems, speak up and then aren't afraid to express how something made them feel.” - Sharon, School Administrator*

# Our Curriculum

The intentional, inclusive and flexible curriculum shows an evidence-based impact on developing positive social-emotional skills in young girls. Once or two times per week, trained coaches lead small teams of elementary and middle school girls of all abilities through an interactive curriculum that incorporates running and other physical activities.

## Physical Activity

- Physical activity – including running, strength and conditioning and a variety of other movement-based activities like dancing – is woven into Girls on the Run and Heart & Sole lessons
- At the end of the program, all girls complete a noncompetitive, celebratory event that offers girls a tangible sense of goal-setting and achievement
- The program is accessible to girls of ALL abilities and includes movement adaptations

## Community Service

Girls on the Run inspires girls to build lives of purpose and make meaningful contributions to their community and society.

Girls on the Run participants complete a group Community Impact Project that they plan and execute as a team.

Heart & Sole participants complete an individual project called Extending the Girl Wheel, where they reach out in small, meaningful ways to an individual or group in their community.

## Girls on the Run – Elementary program for 3<sup>rd</sup> – 5<sup>th</sup> grade girls

- Supports girls in gaining a better understanding of who they are, recognizing the importance of teamwork and healthy relationships, and learning how they can positively connect with and shape their communities and the world.
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- Social-emotional curriculum themes include: turning negative self-talk into positive self-talk, understanding emotions, standing up for self and others, forming and maintaining healthy relationships, and making an impact on the community.

### Team Sizes:

- 6-18 girls led by two or more coaches meeting twice weekly for 90 minutes

## Heart & Sole – Middle school program for 6<sup>th</sup> – 8<sup>th</sup> grade girls

- Addresses the whole girl – body, brain, heart, spirit and social connection – and supports girls in building critical life skills such as team building, developing a support system, boundary setting, decision making, positively impacting others, and asking for and providing help.
- Social-emotional curriculum themes include: getting to know and understand your “Girl Wheel,” goal-setting, overcoming obstacles, asking for and giving help, and positively impacting others.

### Team Sizes:

- 6-15 girls led by two or more coaches meeting once weekly for 2 hours



# Girls on the Run: Coaches

Girls on the Run and Heart & Sole teams are led by volunteer coaches. We train coaches through our on-demand National Coach Training to build relationships, create positive, trauma-sensitive and inclusive environments and focus on girls' efforts and growth, whether in person or virtually.

## Coaches:

- Believe in the inherent power within every girl
- Have a desire to help girls learn, grow and have fun
- Want to leave a lasting impact on the lives of girls in their community
- Can be from within or beyond your site community
- Receive inclusive training and ongoing support from Girls on the Run
- Do not have to be runners or athletes

## Coach Responsibilities:

- Serves as a role model to girls
- Attends Virtual National and SEMI Coach Training
- Works with co-coaches to lead girls through the curriculum as intended 2 times or 1 time weekly for 10 weeks.
- Has access to the internet, preferably through a computer
- Plans and participates in the on site Girls on the Run celebratory 5K event.

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*"These coaches were a great asset to me as a young girl transitioning into adulthood. As strong female role models, they helped me gain self-confidence and healthy habits that I continue to use on a daily basis."* - **Phoebe, Former Participant**

# WHAT SETS GIRLS ON THE RUN APART

IT'S FUN. IT'S EFFECTIVE. IT'S EMPOWERING.

Girls on the Run is the only national physical activity-based positive youth development program for girls with compelling evidence of program impact.

An independent, national longitudinal study provided the following evidence-based outcomes:

- 97% of Girls on the Run participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions
- Girls who were the least active at the start of the program increased their physical activity by more than 40%
  - Girls on the Run made a stronger impact on teaching social-emotional life skills to participants than organized sports or physical education

## INNOVATIVE AND DISTINCT EVIDENCE-BASED APPROACH

Girls on the Run was recognized in Harvard University's 2017 report, **Navigating SEL from the Inside Out**, for its innovative and distinct approach to social-emotional learning. Girls on the Run was **one of only three afterschool programs** recognized as a top research-based social-emotional learning program, acknowledging that there are few examples of evidence-based programs like Girls on the Run that have been specifically designed for out-of-school contexts.



## A National Movement with a Strong Local Presence

- Girls on the Run has served nearly 2 million girls since it was founded in 1996.
- More than 200,000 girls experience the power of our transformational programs every school year
- Girls on the Run SEMI started in 2001
  - Total number of girls served in council's history: 22,351
  - Number of girls served annually: 1700
  - Average number of sites/teams/schools: 85
  - Financial assistance each year: \$40,000

### Support Provided by Girls on the Run

Girls on the Run of Southeastern Michigan is committed to the success of each site. We are invested in building a long-term relationship to ensure that your girls have an opportunity to benefit from our transformational program. With this in mind, we provide the following robust support:

- Marketing materials to drive girl recruitment and registration, including email template that can be used for outreach to parents and guardians
- National Coach Training (led by trained facilitators) for all Girls on the Run coaches
- Materials, guidelines and support for coaches to deliver the curriculum as intended
- Girls on the Run t-shirt and activity sheets to enhance interactive participation and reflection
- Ongoing connection to site leaders, coaches and families through regular communication and responsiveness to individual concerns

# HOSTING THE PROGRAM AT YOUR SITE

## To host a team, sites must:

Offer a **safe outdoor place** for running (such as a track, soccer field, backyard or any other accessible open space)

Provide a **designated accessible covered space** for Girls on the Run to meet in case of inclement weather (such as a gym, cafeteria, multi-purpose room/classroom, or pavilion) and **accessible bathrooms**

Accommodate a **regular practice schedule** 2 times a week for 10 weeks (20 sessions) for 90 minutes for GOTR and 1 time a week for 10 weeks (10 sessions) for 2 hours, according to the Girls on the Run program calendar

Assist in identifying a **site leader and at least 2 full time coaches**

## Site Leader Responsibilities

Acts as the main contact at the site for Girls on the Run families/participants and Girls on the Run council staff before and throughout the program

Aids in girl recruitment efforts by distributing marketing materials (provided by Girls on the Run) and spreading the word about Girls on the Run throughout the site community and via email using provided digital templates

Offers support to families who need assistance in registering their girl

Helps identify 2-3 coaches from your site and/or community\*

\*If you cannot secure coaches, we will work with you to try to identify coaches from our volunteer pool

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*“I have seen the impact that the Girls on the Run program has had on our girls, their families and the community as a whole. The GOTR staff made it easy to recruit our team and helped me to support our coaches so that they in turn could support these amazing girls!”* -Kim, Girls on the Run SEMI Site Leader

# Program Fee and Financial Assistance

Our current program fee is \$185 per girl. Some of our sites may add an additional fee for building use or other services. This includes:

- 10 weeks/20 lessons or 10 lessons (H&S) led by trained coaches
- All curriculum materials and handouts
- Girls on the Run and Heart & Sole program t-shirts
- Girls on the Run and Heart & Sole water bottles
- Girls on the Run cinch sack
- Site-Based 5k Event
- Girls on the Run 5k Finishers Medal

Financial assistance is available to any girl who cannot pay the full registration fee. Girls on the Run of Southeastern MI provides \$40,000 in financial assistance each year. We are committed to being accessible to any girl who wants to participate and are dedicated to ensuring that program cost is never a barrier to participation.

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## Next Steps:

- Identify Your Space
- Identify Your Coaches
- Fill Out a Site Application  
<https://www.pinwheel.us/siteapplication/signup/FHG1VCLLULSMA DO?sid=c4a75e5c5f0b40c6a7a42ac61d9eed12&hosted=False>
- Questions: email [info@girlsontherunsemi.org](mailto:info@girlsontherunsemi.org) or call 734.712.5640

## Dates to Remember:

- Virtual Site Leader Launch: Tuesday, August 23rd
- General Registration (\$185\*): Monday, July 25<sup>th</sup>-Friday, Sept. 16<sup>th</sup>
- Late Registration (\$200\*): Saturday, Sept. 17<sup>th</sup>-Friday Oct. 7<sup>th</sup>
- Season Begins: Week of Sept. 26<sup>th</sup>
- Season Ends: Week of Nov. 27<sup>th</sup>

**\*Some public school sites that utilize a Community Ed program require that we charge an added fee. Please contact GOTRSEMI for detailed information.**

